

Decision Day 3 (Dinner)

Citrus Accented Chicken Skewers with Tabouli (serves 4)

4 skinless, boneless chicken breasts
2 lemons zested
1 lime zested
16 baby squash cut in half (or zucchini cut into large rounds)
1 tsp. olive oil
1/2 lemon juice
2 T chopped shallot
Tabouli:
1 c. bulger wheat
2 c. chicken stock
2 bunches parsley, picked and chopped
1/2 C diced cucumber
1 lemon zested
1 tomato chopped
1 tsp. olive oil
S and P to taste

1. Cut chicken breast into large squares and marinate in lemon juice, lemon and lime zest, shallot and olive oil in bowl for 30 minutes.
2. Bring chicken stock to a boil, add to a bowl with the bulger wheat and cover with plastic wrap and set aside for 20 minutes.
3. Mix cucumber, parsley, lemon zest, tomato, olive oil and wheat together. TASTE and set aside.
4. Skewer chicken and squash alternately on wooden skewers, season and grill for 12-14 minutes or until chicken is cooked.
5. Place tabouli on plate and top with chicken skewers.